

Lexington SEPAC and SEPTA: January 14, 2016 Meeting

Date: January 14, 2016

Time: 6:30 PM - 9:00 PM

Location: Lexington Community Center, 39 Marrett Road, Lexington MA 02421, Room 237

Agenda

- Call to Order
- Business Meeting
 - Introductions
 - Officer Reports
 - Upcoming Meetings
 - New Business
- Presentation: Sibling Support
- Adjournment

Presentation Description:

Olivia von Ferstel and Bridget Glenshaw, co-facilitators of **Sibling Groups**, a series of support groups designed to help siblings of children with special needs, will be discussing their work and the unique lens these children bring to this complex relationship. The perspective of the sibling and the need for camaraderie, the use of the expressive arts, and fostering positive connections between parents and siblings will be highlighted. Bridget and Olivia are licensed Mental Health Counselors and Expressive Arts Therapists with extensive clinical experience at the *Community Therapeutic Day School* in Lexington, MA.

The book: **Sibling Group Lends a Helping Hand: A Guide to Facilitating Support Groups for Siblings of Children with Special Needs** co-authored by Bridget and Olivia, will also be featured and is available on Amazon.com.